



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Reuß, Sylvia

Club: Ballenstedt
Number: 125

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:46:30

Speed: 9.37 km/h
Running performance: 6:21 min/km

Rank in course/Total: 202 (of 370)

Rank in course/Women: 23 (of 53)

Best time in course: 2:03:07

Rank in category: 8(of 14)

Best time in the category: 2:23:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Loddenke	3.30	19:30	5:54	6	1:57	19	5:11	3.30	19:30	5:54	8	1:44	50
Schlüsie	3.10	21:43	7:00	8	2:23	24	5:40	6.40	41:13	6:26	8	4:07	50
Hermannsklippe	2.60	19:50	7:37	8	3:22	27	6:32	9.00	1:01:03	6:46	8	7:29	50
Brocken	3.10	32:01	10:19	7	4:19	23	9:35	12.10	1:33:04	7:41	8	11:48	49
Eiserner Handwe	3.60	21:32	5:58	8	3:56	30	5:54	15.70	1:54:36	7:17	8	15:41	50
Schlüsie	4.00	19:08	4:46	7	3:52	25	4:16	19.70	2:13:44	6:47	8	19:04	13
Loddenke	3.20	16:04	5:01	8	2:07	24	3:11	22.90	2:29:48	6:32	8	21:09	49
Ilseburg/Markt	3.30	16:42	5:03	6	2:05	18	3:04	26.20	2:46:30	6:21	8	22:38	23 43:23